

# ANABOLIC-ANDROGENIC STEROIDS





# ANABOLIC-ANDROGENIC STERIODS CONTENT



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# ***WHAT ARE ANABOLIC-ANDROGENIC STEROIDS?***

***▮ Anabolic Steroids are synthetic drugs that relate to the male sex hormones, or androgens.***

***▮ Anabolic-androgenic Steroids are more commonly known as “Anabolic Steroids”.***

# ***WHAT ARE ANABOLIC-ANDROGENIC STEROIDS?***

***Anabolic Steroids Effect the Human Body in Two Major Areas:***

- 1) The anabolic effects of the drugs promote the growth of skeletal muscle.***
- 2) The androgenic effects of the drugs promote the development of male sexual characteristics.***

# ***HISTORY of STEROIDS***

**1860's** - *The first documented use of drugs to enhance athletic performance. A group of swimmers in Amsterdam took drugs to swim faster.*

**1935** - *Testosterone was first synthesized, and German soldiers were reportedly using it to perform better and to become more aggressive.*

**1950's** - *During the 1952 Olympics the Russian weightlifting team won the gold medal due to synthetic steroid use.*



# ***HISTORY of STEROIDS (cont)***

***1950's (cont)*** - A U.S. pharmaceutical firm develops the first Anabolic Steroids.

***1970's*** - Demand for anabolic steroids grew as professional athletes discovered some of the benefits. The myth that athletes **NEEDED** to use anabolic steroids to remain competitive began to be heard.

***1975*** - The International Olympic Committee officially banned the use of steroids.

# ***HISTORY of STEROIDS (cont)***

***1984*** - The first case of a bodybuilder contracting AIDS due to steroid needle sharing became public.

***1988*** - The sale of anabolic steroids for non-medical purposes was made illegal under the Anti-Drug Abuse Act of 1988.

***1990*** - The possession of anabolic steroids without a prescription was made illegal

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# ***HOW ARE THEY EN?***

***Anabolic Steroids can be ingested in a variety of ways:***

***1) Orally - In a pill or liquid form.***

***2) Intravenously - Injected with the use of a hypodermic needle.***

***3) Rubbed onto the skin with the steroid in a gel or cream form.***

***\*\*\*Some steroid users mix different types and amounts of these drugs to increase the effects. This is call "Stacking".\*\*\****



# ***WHY ARE THEY USED?***

***Athletes use anabolic steroids for many different results:***

- 1) To trim body fat faster.***
- 2) To increase muscle size.***
- 3) For faster post workout muscle recovery.***
- 4) In order to train harder and more often.***

# ***SHORT TERM PHYSICAL EFFECTS***

- » ***Sore Throat***
- » ***Bad Acne/Rashes***
- » ***Chronic Headaches***
- » ***Insomnia***
- » ***Nausea and Diarrhea***
- » ***Bloating***
- » ***Muscle Cramps***
- » ***Bone Pain***

# ***LONG TERM PHYSICAL EFFECTS***

- » ***Extra Body Hair for Women***
- » ***Feminine Breasts in Men***
- » ***Baldness***
- » ***Sterility***
- » ***Brain Damage***
- » ***Blood Clotting/High Blood Pressure***

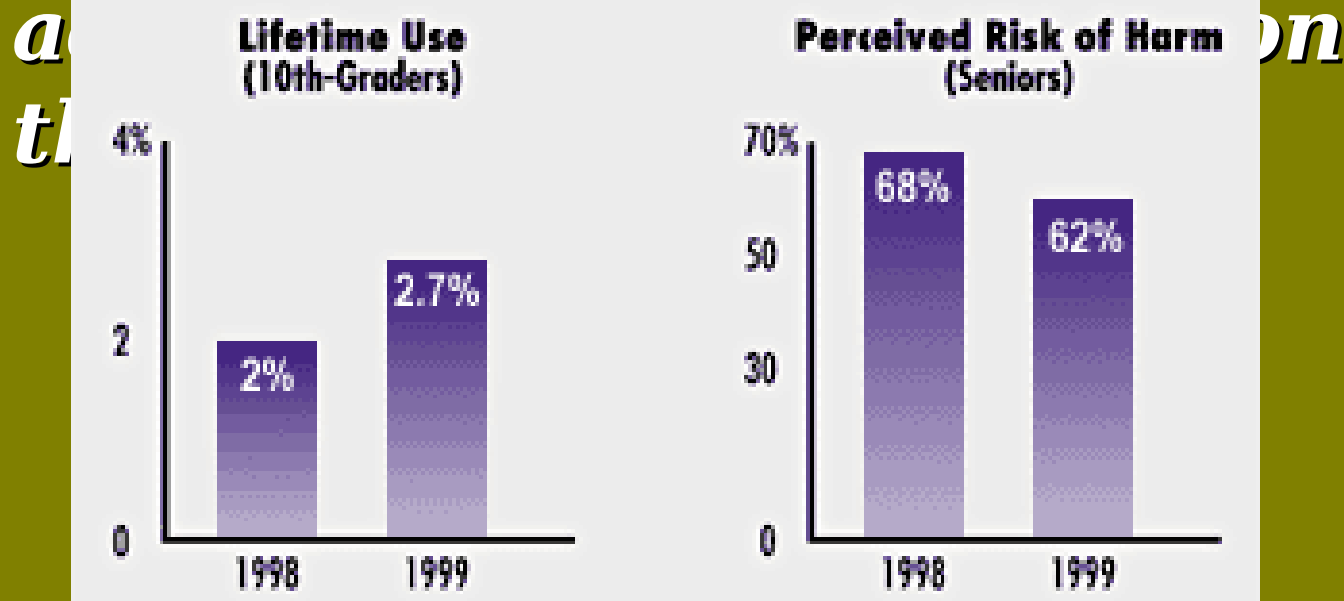
- » ***Tumors of the Liver***
- » ***Hepatitis***
- » ***Liver Cancer***
- » ***Eye Infections***
- » ***Kidney Disease***
- » ***Enlargement of Facial Bones***
- » ***Heart Attacks***

# ***PSYCHOLOGICAL EFFECTS***

- » ***Overly Aggressive Attitude or “ROID-RAGE”***
- » ***Homicidal Rage***
- » ***Chronic Depression***
- » ***Loss of Memory***
- » ***Excessive Sexual Arousal***
- » ***Loss of Interest - lack of concentration, and no energy to do anything.***

# ***STEROID ABUSE IN THE U.S.***

***While there is not much data on adult steroid use, evidence shows that***



# ***STEROID TESTING IN THE ARMY***

- *Steroid testing of individuals for probable cause or testing certain populations may be requested by commanders, however PRIOR coordination must be made through the IBTC and Fort Meade.*
- *Specimens collected will NOT be tested for any other drugs. A second sample must be collected for additional drug testing. The second sample must be on a separate DD Form 2624 and preferably shipped in a second box.*

# ***NORANDROSTENEDIONE***

- ***Norandrostenedione is an over the counter dietary supplement that is very much like anabolic steroids. Instead of converting to testosterone it converts to nandrolone.***
- ***It CANNOT be determined if dietary supplements or anabolic steroids were used if the laboratory result is reported positive for Nandrolone.***
- ***In such cases, NO ACTION CAN BE TAKEN AGAINST THE SOLDIER.***



# ***ADDITIONAL RESOURCES***

- ***<http://www.steroidabuse.org>***
- ***<http://www.drugabuse.gov>***
- ***<http://www.health.org>***
- ***[http://www.nida.nih.gov/ResearchReports  
/Steroids/  
AnabolicSteroids.html](http://www.nida.nih.gov/ResearchReports/Steroids/AnabolicSteroids.html)***
- ***<http://thesteroidtruth.com/>***
- ***[http://espn.go.com/special/s/drugsandsports  
/  
steroids.html](http://espn.go.com/special/s/drugsandsports/steroids.html)***



# **UNITED STATES ARMY CENTER FOR SUBSTANCE ABUSE PROGRAMS**



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